



**BOYS & GIRLS CLUBS**  
OF SOUTHERN NEVADA

# **YOUTH FLAG FOOTBALL RULES**

**Partnership with BGCA**  
**Sponsored by Buffalo Wild Wings**

# Youth Flag Football Rules

## 1. Basics

- a. Games are played on 60 x 30 yard fields with 10 yard end zones.
- b. Each team will be given 4 downs to either make a first down or make a touchdown.
- c. A coin toss determines first possession. The home team is listed on the left of the schedule. The visiting team will call the coin toss. The winner of the coin toss will have two options, (play offense) or defer (play defense). The team that receives the ball in the first half will play defense to start the second half.
- d. The offensive team takes possession of the ball at its 5-yard line and has four plays to cross midfield. Once a team crosses midfield, they have four plays to score a touchdown. If the offense fails to score, the ball changes possession and the new offensive team takes over on its own 5-yard line.
- e. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- f. All possession changes, EXCEPT interceptions, start on the offense's 5-yard line. Interceptions MAY be returned and will be ruled down at the spot where the ball carriers flag is pulled unless the result of the interception is a touchdown.
- g. Teams change sides after the first 25 minutes. Possession changes to loser of coin toss.
- h. There are no kickoffs, and no blocking is allowed.
- i. No running plays will be allowed between the 25 yard to the 30 yard line and from five yard line to the goal line. These are known as NO RUN ZONES.

## 2. Players/Game Schedules:

- a. All age groups will be playing 5 on 5. Teams must start the game with a minimum of 5 players at ALL times. Only in case of an injury to a player, a team may play with only four players. Games will end if either team drops below four players on the field.
- c. Players may play up in age divisions but not down into a lower age division.

## 3. Timing/Overtime:

- a. Games for 9U division two 2 – 16 minute halves, 12U division two 20 minute halves, which consist of a running clock. If the score is tied at the end of a REGULAR season game, they will play an overtime round. Each team will get four plays from the mid field line to score. The team that won the toss in the beginning gets to pick either the ball or the goal to defend. Both teams get a chance on Offenses during the overtime round. The round is repeated until a winner is decided. After four rounds if there is no winner the game will end in a tie. In Playoffs you play until a winner is declared.
- c. Each time the ball is spotted, a team has 25 seconds to snap the ball. Teams will receive one warning before a delay-of-game or penalty is enforced.
- d. Each team will have two 30-second time-outs per half. No timeouts in over time!
- e. Officials can stop the clock at their discretion.

#### **4. Scoring:**

- a. Touchdown -6 points
- b. Extra point: -1 point (played from 5-yard line is a PASS ONLY) or -2 points (played from 10-yard line run or pass)
- c. Safety: -2 points
- d. If a team attempts to pass for a one or two point conversion and the defense intercepts the ball and runs it back for a touchdown, this will result in two points for the defensive team.

#### **5. Running:**

- a. The quarterback cannot run with the ball over the line of scrimmage. The Ball will become dead when the QB crosses the line of scrimmage in an attempt to run the ball. Once the ball is handed off the ball carrier may run or pass the ball. All forward pass must be behind the line of scrimmage.
- b. The quarterback is the designated player that lines up directly behind the center.
- c. Laterals and pitches ARE allowed.
- d. Any player who takes the handoff from behind the line of scrimmage can throw a pass.
- e. Once the ball has been handed off, all defensive players are eligible to rush.
- f. Spinning is allowed, but players CANNOT leave their feet to avoid a defensive player (diving is not allowed by any player). (Penalty 5-yard from the spot on offense and the end of the run on Defense)
- g. The ball is spotted where the ball carrier's feet are when the flag is pulled, NOT the ball.

#### **6. Passing:**

- a. Only 1 forward pass allowed per down. (Shovel passes are allowed). Shovel pass is a forward pass.
- b. Interceptions may be returned.
- c. There seven second time limit on how long the QB has to throw the ball. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage). Only ONE player is allowed in motion at a time.
- d. Pass Interference: No jamming the receiver off the line of scrimmage. (Def Holding)
- e. **The Line Judge will count off 7 seconds out loud and if the QB fails to throw the pass , past the line a scrimmage, the play is considered over, treated like an incomplete pass the ball placed at the pervious spot for the next down.**

#### **7. Starting and Ending a Play:**

- a. The ball must be snapped between the legs, not off to one side, to start play.
- b. The clock will only stop after change of possession, called time out and official's timeout and ONLY in the 2<sup>nd</sup> half in the last minute of regulation.
- c. Substitutions may be made on any dead ball.
- d. A Play has "ended" when: — Ball carrier's flag is pulled — Ball carrier steps out of bounds Touchdown or safety is scored — Ball carrier's knee hits the ground (NOT hand) — Ball carrier's flag falls off. Note: There are no fumbles. The ball is spotted where the ball hits the ground. If the flag falls off a player during a play the ball will be considered down. Coaches are required to stand 12 yards from the furthest player on both offense and defense. (example: If your quarterback is in the shotgun you should be 12 yards behind the quarter back or if your safety is line up as the deepest defender than you shall be 12 yards behind the safety).

- f. Coaches CANNOT direct the offense or defense once the play has started. (example: you know that the offense is going to run a sweep to the left/right you CANNOT yell out they are going left or they are going right).
- g. Coaches CANNOT assist (hold or push) a player to a spot in an attempt to help them either make a play or prevent them from making a penalty. (example: holding a player who keeps jumping off-sides or assisting (pushing) a player to make a play on another player).
- h. Any violation of the above rules will result in illegal participation by the coach and the penalty will be administered as outlined in 10/n under penalties.

### **8. Rushing the Quarterback:**

- a. All players who rush the passer must be a minimum of SEVEN yards from the line of scrimmage. The Referee control the rush line and all players rushing the QB must line up on him. If a player who is lined up seven yards from the line of scrimmage and is drawn off sides by a false snap count by the offense MUST reset seven yards from the line of scrimmage prior to him/her rushing the passer. (5 yard Penalty and automatic first down.
- b. Any number of players can rush the quarterback, as long as they are seven yards from the line of scrimmage.
- c. Once the ball is handed off, the seven-yard rule is no longer in effect, all defenders may go behind the line of scrimmage. It is the coaches' responsibility to have their rushers line up on the Referee SEVEN yards from the line of scrimmage.
- d. Remember, NO blocking or tackling is allowed.

### **9. Sportsmanship/Roughing:**

- a. If the field monitor or referee witnesses any acts of tackling, elbowing, cheap shots, blocking or any unsportsmanlike act, the game will be stopped and the player will be disqualified from the game.
- b. FOUL PLAY WILL NOT BE TOLERATED. Trash talking is illegal. Officials have the right to determine offensive language. (Trash talk is talk that may be offensive to officials, opposing players, teams or spectators.) If trash talking occurs, the referee will give one warning. If it continues, the coach, player or players will be ejected from the game.
- c. Attire cleats are allowed, cleats must be made of rubber and be one continuing sole, detachable screw in's cleats are not allow. All officials and coaches are responsible to check each game.
- d. Any player or players disqualified from the game will be out for the following game and will need to meet along with their parent with the Clubhouse Director.
- e. Any coach receiving an unsportsman like conduct foul, will be required to appear before the BGCSNV Area Director before they will be allowed back on the side lines to coach.

### **10. Penalties:** All penalties will be called by the Game Officials.

- a. Defense: Offside Five yards and automatic first down
- b. Interference 10 yards and automatic first down
- c. Illegal contact (holding, blocking, etc.) 10 yards and automatic first down
- d. Illegal FLAG pull (before receiver has ball) 10 yards and automatic first down
- e. Illegal rushing (starting rush from inside 7-yard marker) 10 yards and automatic first down

- f. Unsportsmanlike Conduct- 10yds - Penalty will be assessed from the end of the run. If the penalty occurs to prevent a touchdown, then it is at the referee's discretion to award a touchdown.
  - g. Illegal motion (more than one person moving, false start, etc.) Five yards
  - h. Illegal forward pass (pass thrown beyond line of scrimmage) Five yards and loss of down
  - i. Offensive pass interference (illegal pick play, pushing off/away defender) 10 yards and loss of down
  - j. FLAG guarding 10 yards (from line of scrimmage) and loss of down
  - k. Delay of game 5 yards (After warning) After the 2<sup>nd</sup> offense Five yards and loss of down.
  - l. All penalties WILL be assessed from the line of scrimmage unless otherwise stated.
  - m. Coaches or players cannot question judgment calls. The official will provide interpretation of any rule that the coach may have (RULES ONLY).
  - n. Illegal participation by a coach – 10 yards and loss of down.
- \*\*\*Regulation Clock during final (1) minute of the game (2nd half only) unless there is a 21 point lead.
- \*\*\*During the regulation clock, the clock will stop only on incomplete passes, when a player steps out of bounds, a penalty or a change of possession (after the referee sets the ball for play - the clock will start). The clock will also stop when first downs are achieved (after the referee sets the ball for play - the clock will start). The clock will not stop if there is a 21 point lead EVEN during time outs).
- Referees determine incidental contact that may result from normal run of play. Games cannot end on a defensive penalty unless the offensive team declines the penalty.